

\_\_\_\_\_ 's Self-Awareness Profile

My dreams.. 1 yr 5 yrs Adult:	My strengths ...
My concerns ...	Accommodations I can make....
Things that are difficult for me...	Accommodations needed at school...
Values ...	Accommodations need at home ...
Motivation style ... Internal External	Learning style ...

Categories can vary, allowing teachers to customize.

This profile is administered individually and takes 30 – 45 minutes. Time is spent discussing the significance of each section. Its format is simplistic but it yields a wealth of information. It provides a strategy for knowing and utilizing their strengths and facilitates pairing them with their goals. It equips students with information that helps them direct their lives, thus making them more self-confident.

*Optional Categories: Personal Style; Accomplishments; Positive Self-Statement; Heroic Choices*